

ONTARIO
MAPLE SYRUP



Ministry of
Agriculture
and Food

ONTARIO

The unique flavour of pure maple syrup is incomparable and unmistakably Canadian. Here in Ontario, the celebration of the maple sugaring season is a springtime tradition. From mid-March to late April, the sugar maple and the black maple trees are tapped to collect the sweet sap. The sap is then boiled to a syrup concentrate of at least 66% sugar. Up to 40 litres of maple sap are needed to make 1 litre maple syrup.

BUYING

For the genuine, 100% pure product, look for "Maple Syrup" or "Pure Maple Syrup" on the label. To be sure it's from Ontario, check for an Ontario address of the producer or packer. Also on the label will be the grades and colour classes of the syrup. They are:

- Canada #1, Extra Light, Light, Medium
- Canada #2, Amber,
- Canada #3, Dark

For table use, such as pouring over pancakes or ice cream, choose a Canada #1 grade of maple syrup. For cooking, use the stronger maple flavoured Canada #2 grade. Canada #3 grade is for commercial use only.

You'll find Ontario pure maple syrup at local food retailers, farmers' markets, and at the producer's farm gate. Maple syrup is sold in containers ranging from 250 mL to 4 L.

STORING

Unsealed containers of maple syrup should be stored in the refrigerator. Maple syrup can also be frozen and refrozen for up to one year. Just pack with 1 inch (2.5 cm) of headspace in sealed containers. Allow the syrup to thaw about an hour before serving so that it returns to a pourable consistency. If any mould growth appears, discard all the maple syrup immediately.

OTHER MAPLE TREATS

In addition to maple syrup, other products such as maple taffy, maple butter, maple fondant, and maple sugar (granulated, soft, hard) are made from the sap of the maple tree. Each is a special treat with that unique pure maple flavour.

TANGY

MAPLE

MEAT BALLS

Meat Balls

1/2 lb	ground beef	250 g
1/2 lb	ground pork	250 g
1/4 cup	chopped onion	50 mL
1	egg	1
2 tbsp	dried parsley flakes	25 mL
1 tsp	Worcestershire sauce	5 mL
1/2 tsp	salt	2 mL
1/8 tsp	pepper	0.5 mL

Sauce

1 tbsp	cornstarch	15 mL
1 tsp	dry mustard	5 mL
1/4 tsp	salt	1 mL
1 tbsp	vinegar	15 mL
1/2 cup	Ontario Maple Syrup	125 mL
1/4 cup	water	50 mL

Combine ground meats, onion, egg, parsley, Worcestershire sauce, 1/2 tsp (2 mL) salt and pepper. Form into 1 1/2-inch (6 cm) balls. Place in 8-inch (20 cm) square pan. Bake at 350°F (180°C) for 20 minutes.

Meanwhile, combine cornstarch, dry mustard and 1/4 tsp (1 mL) salt in small saucepan. Gradually stir in vinegar, syrup and water. Cook and stir over medium heat until thickened and bubbly.

Drain fat from meat balls and pour sauce over. Return to oven and bake 20 minutes longer. Makes 4 servings.

MAPLE

SABAYON

6	egg yolks	6
1/2 cup	Ontario Maple Syrup	125 mL
1	can (14 oz/398 mL) peach halves, drained	1

In top of double boiler, away from heat, beat egg yolks until thick and light coloured. Gradually beat in maple syrup, then place over hot water and cook, beating constantly, until fluffy and thickened, 5 to 7 minutes. Serve over peach halves. Makes 6 servings.

MAPLE

FRENCH TOAST

(Featured on Cover)

3	eggs	3
1/2 cup	Ontario Maple Syrup	125 mL
1/3 cup	milk	75 mL
1/2 tsp	vanilla	2 mL
1/4 tsp	salt	1 mL
6 slices	French bread, 1/2-inch (2 cm) thick	6
2 tbsp	butter	25 mL

Beat together eggs, syrup, milk, vanilla and salt. Place bread slices in single layer in 13 x 9-inch (3.5 L/33 x 21 cm) dish. Pour mixture evenly over bread. Cover and refrigerate 3 hours or overnight.

Melt butter in large frying pan. Add bread slices and brown both sides. Serve hot with Maple Sweetened Butter. Makes 3 servings. Recipe doubles easily.

MAPLE SWEETENED BUTTER: Cream 1/4 cup (50 mL) softened butter and 2 tbsp (25 mL) Ontario Maple Syrup.

MAPLE

CHEESECAKE

1/4 cup	butter, melted	50 mL
2 tbsp	Ontario Maple Syrup	25 mL
1 1/4 cups	graham wafer crumbs	300 mL
375 g	cream cheese, softened	375 g
3/4 cup	Ontario Maple Syrup	175 mL
3	eggs	3
2 tbsp	all-purpose flour	25 mL
1 tbsp	Ontario Maple Syrup	15 mL

Combine melted butter and 2 tbsp (25 mL) maple syrup; stir in graham crumbs. Press firmly into bottom of 9-inch (23 cm) springform pan. Bake at 350°F (180°C) for 5 minutes.

Beat cheese until creamy; gradually beat in 3/4 cup (175 mL) maple syrup. Blend in eggs and flour. Pour into pan. Bake at 350°F (180°C) for about 35 minutes, or until set. Cool, then chill. Glaze cheesecake with remaining maple syrup. Makes about 12 servings.



MAPLE

SQUASH BAKE

1	butternut squash	1
1/3 cup	Ontario Maple Syrup	75 mL
2 tbsp	butter	25 mL
1/2 tsp	nutmeg	2 mL
1/2 tsp	salt	2 mL
1/8 tsp	pepper	0.5 mL
2 tbsp	Ontario Maple Syrup	25 mL

Peel squash, remove seeds and cut into 8 pieces. Cook, covered, in boiling water for about 15 minutes or until tender. Drain and mash squash. Add 1/3 cup (75 mL) maple syrup, butter, nutmeg, salt and pepper. Spoon into 1 quart (1 L) casserole. Drizzle with remaining 2 tbsp (25 mL) maple syrup. Bake, uncovered, at 350°F (180°C) for about 20 minutes. Makes 8 servings.

MAPLE

BAKED BEANS

1 lb	dry white pea beans (about 2 cups/500 mL)	454 g
1 cup	Ontario Maple Syrup	250 mL
1/2 cup	chili sauce	125 mL
1	small onion, chopped	1
2 tsp	salt	10 mL
1 tsp	dry mustard	5 mL
3	slices bacon, cut into 1-inch (2.5 cm) pieces	3
2 cups	boiling water	500 mL

Place beans in large saucepan, cover with water and bring to a boil. Simmer for 2 minutes. Remove from heat and let stand, covered, for 1 hour. Drain.

In a small bowl, combine maple syrup, chili sauce, chopped onion, salt and mustard. Place half the beans in 2-quart (2 L) casserole, top with diced bacon, then remaining beans. Pour syrup mixture over beans. Add boiling water. Cover and bake at 300°F (150°C) for 6 to 7 hours, adding more water as needed to keep beans moist. Makes 8 servings.

MAPLE

BUTTER TARTS

1/4 cup	butter, softened	50 mL
1/4 cup	firmly-packed brown sugar	50 mL
1	egg	1
1/2 tsp	vanilla	2 mL
1/2 cup	Ontario Maple Syrup	125 mL
10-12	unbaked tart shells	10-12

Cream butter and brown sugar until light and fluffy. Beat in egg and vanilla. Blend in syrup. Pour into tart shells. Bake at 375°F (190°C) for 15 to 20 minutes, or until golden brown. Makes 10 to 12 tarts.

MAPLE

OAT SQUARES

1/3 cup	butter	75 mL
1 cup	Ontario Maple Syrup	250 mL
2 cups	quick-cooking rolled oats	500 mL
1/4 cup	wheat germ	50 mL
1/4 cup	chopped walnuts	50 mL
1	egg	1

In medium saucepan, bring butter and syrup to a boil over medium heat, stirring constantly. Continue cooking for 3 minutes. Remove from heat and add remaining ingredients; mix well. Spread evenly in greased 9-inch (2.5 L/23 cm) square pan. Bake at 375°F (190°C) for 15 to 20 minutes, or until lightly browned. Cool and cut into squares. Makes about 2 dozen.



Ontario, there's no taste like home.